

BOOKS ON NUTRITION

Title: Eat Your Peas

Author: Kes Gray; Illustrated by Nick Sharratt

Short Synopsis of Book:

Just how much does Mom want Daisy to eat her peas? A familiar mealtime battle of wills escalates into outrageous bribery. A great read aloud for anyone who has ever-forced down brussels sprout in order to earn dessert.

Title: Good Enough To Eat

Author: Lizzy Rockwell

Short Synopsis of Book:

Eating is the most important thing you do each day and this book tells you why. While some pages have too much detail about nutrients and the food pyramid for the very young, the cheerful and clear illustrations will appeal to every reader.

Title: I Like a Snack on an Iceberg

Author: Iris Hiskey, Arno John Sanford

Short Synopsis of Book:

Polar bears snack on top of an iceberg, woodpeckers in a tree. Toads like flies and pigs like a bucket of scraps. Rhyming text and lovely illustrations.

Title: I Will Never Not Ever Eat a Tomato

Author: Lauren Child

Short Synopsis of Book:

Lola is a fussy eater, a very fussy eater. Big brother Charlie explains that peas are really green drops from Greenland and mashed potatoes are really clouds from top of mountains. Join a smorgasbord of imagination and fun. Great read aloud.

Title: The Little Red Hen (Makes a Pizza)

Author: Philemon Sturges, Amy Walrod

Short Synopsis of Book:

The Little Red Hen has tomato sauce to make a pizza but she needs cheese, mushrooms, onions and more. The dog, cat, and duck refuse to help so she has to do it herself! Sound familiar? However, she offers to share her pizza in the end.

Title: Prudence's Book of Food

Author: Alona Franke!

Short Synopsis of Book:

Everyone wants to feed us. The trees give us fruit, the earth gives us grain, the cow gives us milk and the hen gives us eggs. This book is a fine introduction to the value of good food for the very young.

Title: The Ugly Vegetables

Author: Grace Lin

Short Synopsis of Book:

A little girl thinks her mother's Chinese vegetable garden is the ugliest garden in the neighborhood. She changes her mind when the smell of Chinese vegetable soup fills the air and makes the neighbors come running for a taste.

Title: Yoko

Author: Rosemary Wells

Short Synopsis of Book:

When Yoko brings sushi to school for lunch, her classmates make fun of what she eats - until one of them tries it. Wells depicts the pains of an ordinary school day and the pleasures of International Food Day

Title: **Little Cloud**

Author: Eric Carle

Publisher: Philomel Books/Putnam & Grosset Group

Copyright Date: 1996

Appropriate Age: 3-7 years

Read to or with a child.

Brief Synopsis of the Story:

Clouds are drifting across the sky. The other clouds drift away as Little Cloud floats downward. Little Cloud begins to take the form of things that he has seen before. He changes into a sheep, an airplane, a shark, two trees, a rabbit, a hat, and a clown. Soon the other clouds return and call for him to join them. Little Cloud combines with the other clouds and, together, they rain.

Interaction, Activity, or Recipe:

Read the book together, giving your child an opportunity to predict what Little Cloud changes into on each page by studying the picture. Talk to your child about clouds changing shape and looking like different things as they drift by. Invite your child to lay on his back with his eyes closed. Encourage your child to visualize the story, by creating pictures in his head, as you read it again.

If weather allows, go outside and lay on the grass or trampoline with your child and gaze at the sky. Look for clouds together and discuss what they look like. Try to see and describe different forms as you observe them moving and changing.

Choose one form that you remember seeing in the sky. Place a drop of white tempera paint on a piece of blue construction paper. Using your finger, create a

cloud-like picture of the object you observed. Give your child a sheet of paper with a drop of paint and encourage him to make a representation of a cloud picture that he observed. Continue to create different pictures of the cloud formations that you noticed on separate sheets of paper.

When your paintings are dry, create a book by adding text to each picture. A dictation will need to be written for younger children. Kindergarten and first grade students may be able to do much of the writing themselves. Text that follows a pattern is beneficial for emergent readers and writers. For example, on each page you could write, "This cloud looks like a _____," or "We saw a _____." Pictures can even be labeled with the object's name. Add a cover to your book with a title and be sure to recognize yourself and your child as the authors and illustrators. This book will be a favorite addition to your reading library and a documentation of valuable time spent together.

Related Books/Topics: Cat And Mouse In The Rain by Tomek Bogacki Farrar, Straus & Giroux, Inc., 1997.

Submitted By:

Name: Amy McCoy

Position/Role: Kindergarten Teacher

School: Hibbard Elementary

District: Madison #321

Title: **Cocoa Ice**

Author: Diana Appelbaum

Publisher: Orchard Books

Copyright Date: 1997

Appropriate Age: 8+

Read to or with a child.

Brief Synopsis of the Story:

A little girl in Santa Domingo and a little girl in Main share their stories of making chocolate and ice. We learn how these two little girls are united by the special products each have to share. A balsam pillow filled with fir needles and a special gift of ice is exchanged for the sweet chocolate. Two different places in the world brought together through the two stories of our young ladies.

Interaction, Activity, or Recipe: Recipe - Chocolate Ice Cream

6 eggs

1 ½ cups sugar

2 Tbs. Vanilla

1 ½ cups Hershey's Chocolate Syrup

1 quart of half and half

1 quart milk.

Mix eggs, sugar, vanilla, chocolate syrup, and half-and-half together well. Let stand for at least 15 minutes to dissolve all sugar. Add in milk. Pour into ice cream freezer

canister. Place canister in electric or hand crank ice cream freezer. Pour ice all around the outside of canister. Sprinkle rock salt on top of ice and start cranking! Ice cream should be done in 20-30 minutes depending on the machine used. Electric machines will stop turning the canister and manual machines will become very hard to crank and ice cream may start coming out of the top of the canister. Enjoy!

Related Books/Topics:

Submitted By:

Name: Gary R. Miller

Position/Role: Elementary School Principal

School: Shoshone Elementary School

District: Shoshone Joint School District. #312

Title: **Brown Bear, Brown Bear, What Do You See?**

Author: Bill Martin Jr.

Publisher: Henry Holt and Company

Copyright Date: 1983

Appropriate Age: 3-6

Read to or with a child.

Brief Synopsis of the Story:

This is a repetitive book with simple text that focuses on colors.

Interaction, Activity, or Recipe:

1. Go on a color hunt with your child. See if you can find all the colors talked about in the story.
2. Make up your own book/story about colors. Use your child's name (i.e., "John, John what do you see? I see a yellow bird looking at me.") Find or draw pictures to go with the story.

Related Books/Topics:

Submitted By:

Name: LeAnn Springer

Position/Role: Early Childhood Special Ed. Teacher

School: Roosevelt EIP

District: Pocatello #25

Title: **Mouse Paint**

Author: Ellen Stoll Walsh

Publisher: Scholastic, Inc.

Copyright Date: 1989

Appropriate Age: 3-6

Read to or with a child.

Brief Synopsis of the Story:

Three white mice running from the cat find three jars of paint. They discover that mixing the colors can be lots of fun!

Interaction, Activity, or Recipe:

- Experiment with mixing colors with your child. See what happens (or have them predict) when you mix two colors - will it make a new color?
- Use finger paints, watercolors, tempera paints, etc., and try mixing them to see what new colors you and your child make.

Related Books/Topics:

Submitted By:

Name: LeAnn Springer

Position/Role: Early Childhood Special Ed. Teacher

School: Roosevelt EIP

District: Pocatello #25

Title: Cherries and Cherry Pits

Author: Vera B. Williams

Publisher: Scholastic, Inc.

Copyright Date: 1986

Appropriate Age: 4-8

Read to or with a child.

Brief Synopsis of the Story:

This is a story of a little girl named Bideemmi. She likes to visit her neighbor and while there, she loves to draw and tell wonderful rich stories about people. Each story involves cherries, cherry pits and love.

Interaction, Activity, or Recipe:

Recipe - Cherries Delight - (An interactive Dessert Recipe)

20 whole graham crackers 30 large marshmallows

6 tablespoons melted butter 1 large can cherry pie filling

$\frac{1}{4}$ cup sugar $\frac{3}{4}$ cup milk

$\frac{3}{4}$ pint whipping cream

Parents, in a double boiler melt marshmallows with milk. Child crushes graham crackers in a plastic bag with a rolling pin. Parents add melted butter and sugar to crushed graham crackers and child finish making the crust. Parents whip cream and add to cooled marshmallow mixture. Child places $\frac{1}{2}$ of crust mixture in bottom of 9 x 13 pan. Parents add $\frac{1}{2}$ of marshmallow mixture as the next layer. Let set for 30 minutes. Together, spread can of cherry pie filling, than parents add last layer of marshmallow mixture, and child adds top layer of graham cracker crust. Let set in refrigerator at least 4 hours; best if left overnight. Serves 12.

Related Books/Topics:

Submitted By:
Name: Pamela Kelly
Position/Role: Title 1 Teacher
School: New Plymouth Elementary School
District: #372

Title: **Arthur Goes to Camp**

Author: Marc Brown

Publisher:

Copyright Date: 1982

Appropriate Age: 4 +

Read to or with a child.

Brief Synopsis of the Story:

Against his will, Arthur goes to summer camp. Before he even arrives at camp, he's writing postcards home telling his parents that he's homesick. While at camp, things don't improve much. Arthur decides to find his way home during the annual scavenger hunt, and inadvertently saves the day.

Interaction, Activity, or Recipe:

- Have a family "service" scavenger hunt - find things to do to help someone else (week, rake leaves, shovel snow, etc.)
- Have a family "camp-out" (inside with table and blankets or outside with a tent in the yard). Roast marshmallows and hot dogs, learn to tie different knots, sing camp songs, tell ghost stories, make s'mores (graham crackers, chocolate bar on top of cracker, roasted marshmallows on chocolate and top with another graham cracker).

Related Books/Topics: Many Arthur books.

Submitted By:
Position/Role: 1st Grade Teacher
School: Dworshak Elementary
District: #151

Title: James and the Giant Peach

Author: Roald Dahl

Publisher: Knopf

Copyright Date: 1961

Appropriate Age: 5-9

Read to a child.

Brief Synopsis of the Story:

This is a story of a lonely boy who escapes from his cruel aunts by traveling in a giant peach. His fellow travelers are a hilarious group of animals who are as big as he is: an old green grasshopper, a giant ladybug, a gloomy earthworm, a rascal of a centipede, and others. James and his fantasy friends have wonderful adventures together!

Interaction, Activity, or Recipe: Recipe - Peach Cobbler

4 C. sliced peaches, 1 C. Flour, 1 C. Sugar, 1 tsp. Baking powder, 1 Egg (beaten), ¼ lb. Butter (melted), and 1 tsp. Oil. Oil an eight-inch-square baking dish. Put the fruit at the bottom of the dish. In a bowl, mix the flour, sugar, and baking powder. Add egg and mix until mixture is in small clumps. Scatter the mixture over the fruit. Distribute the butter over all. Bake at 375 degrees for 25 minutes. Makes six servings.

Related Books/Topics:

Submitted By:

Name: Cara Englund

Position/Role: 2nd grade teacher

School: Centennial Elementary

District: Nampa #131

Title: **Little Rabbit's Loose Tooth**

Author: Lucy Bate

Publisher: Crown Publishing, Inc.

Copyright Date:

Appropriate Age: 5-8

Read to or with a child.

Brief Synopsis of the Story:

What should Little Rabbit do with her first lost tooth? She could wear it on a string like a necklace, save it in a special place, or put it under her pillow for the Tooth Fairy.

Interaction, Activity, or Recipe: Recipe - Apple Smiles

Ingredients: 6 large red apples, 1 ½ cup smooth peanut butter, miniature marshmallows. Cut apples into 8 slices each. Remove apple cores. Spread peanut butter on one side of each slice. Place marshmallows between 2 apples slices. Grin back at your Apple Smile.

Related Books/Topics: Arthur's Tooth by Marc Brown; Little Bear's Toothache by David McPhail.

Submitted By:

Name: Stacey Rasmussen

Position/Role: 2nd Grade Teacher

School: Centennial

District: Nampa

Title: Matilda Who Told Such Dreadful Lies

Author: Hilaire Belloc

Publisher: Alfred A. Knopf

Copyright Date: 1992

Appropriate Age: 5-9

Read to or with a child.

Brief Synopsis of the Story:

An incorrigible liar finds that when she needs help most no one will believe what she has to say.

Interaction, Activity, or Recipe:

Discussion: What is a lie? Types of lies (white lie). What happens to credibility when someone does lie all the time? List strategies to do when tempted to color the facts. Discuss consequences of lies and how people can really get hurt.

Related Books/Topics: The Boy Who Cried Wolf

Submitted By:

Name:

Position/Role:

School:

District:

Title: **Sweet Clara and the Freedom Quilt**

Author: Deborah Hopkinson

Publisher: Alfred A. Knopf

Copyright Date: 1993

Appropriate Age: 5-9

Read to or with a child.

Brief Synopsis of the Story:

A young slave stitches a quilt with a map pattern that guides her and many others to freedom in the North.

Interaction, Activity, or Recipe:

Talk about this part of U.S. history. Talk about different uses of maps. The map in this book was used for slaves to follow in escaping slavery. As a family, design a map such as an escape exit from your house in case of an emergency such as a fire, flood, etc.

Related Books/Topics: Follow the Drinking Gourd

Submitted By:

Name:

Position/Role:

School:

District:

Title: **The Important Book**

Author: Margaret Wise Brown

Publisher: Harper and Row

Copyright Date: 1949

Appropriate Age: All
Read to or with a child.

Brief Synopsis of the Story:

Many important things in life are described such as the sun, moon, grass, spoons, etc., but the most important thing is the uniqueness of each individual.

Interaction, Activity, or Recipe:

Make a chart of important and unique qualities of individuals in the family. These could be listed underneath a person's photo or self-drawn portrait. The title of the chart may be: The Most Important Thing About Me is That I Am Me. Good self-esteem builder.

Related Books/Topics:

Submitted By:

Name:

Position/Role:

School:

District:

Title: The Best Christmas Pageant Ever

Author: Barbara Robinson

Publisher: Avon Books

Copyright Date: 1979 (?)

Appropriate Age: All ages.

Read to a child.

Brief Synopsis of the Story:

The Herdsman kids were absolutely the worst kids in the history of the world... so it surprised just about everybody when they decided to take part in the town's Christmas Pageant. However, because of them, it ends up to be the best one ever!

Interaction, Activity, or Recipe:

This is a fun one to read at Christmas with the family. Your children could act out that first Christmas night with props, costumes, and songs. A good discussion on the true meaning of Christmas could evolve from this. There is also a "G" rated video of this that could be watched afterwards to compare and contrast.

Related Books/Topics:

Submitted By:

Name: Marilyn Baker

Position/Role: English Teacher/Department Chair

School: Rigby Jr. High

District: #251

Title: **Celebrate American in Poetry and Art**

Author: Edited by Nora Panzer

Publisher: Hyperion Books

Copyright Date: 1994

Appropriate Age: All ages.

Read to a child.

Brief Synopsis of the Story:

This book has poetry, paintings, drawings, sculptures, and photographs that create a vivid image of America's past and present. Try this book for a special July 4th

Interaction, Activity, or Recipe: Recipe - Butter Bonus

To make your own butter, you will need heavy whipping cream and a small jar with a screw-on lid. Fill the jar about half full with the cream. Hold the top of the jar with your fingers and the bottom with your thumb. (A large jar - use both hands.) Shake hard back and forth until the cream forms into a light yellow ball. Pour the milky water off and rinse the butter ball with water. Refrigerate it until ready to use.

Related Books/Topics:

Submitted By:

Name: Bert Bell, Bus Driver/Custodian

Loretta Stowers/Principal

School: Culdesac Elementary

District: #342